



Northampton Parks & Recreation Aquatic and Family Center



located at JFK Middle School, 100 Bridge Rd., Florence, MA

POOL SCHEDULE June 2022

- Check schedule carefully. Call ahead to inquire about lane availability.
- All local and state COVID regulations must be followed. Do not attend if you do not feel well.
- Proper swimming attire is required, no cotton clothing.
- Weekday morning policy: Swimmers leaving **MUST** exit pool area by 8:00 am, including those using locker rooms, through pool deck glass doors. All must be out of the building by 8 am.

MONDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 6:00 pm - Lane Rental (1 Lane)
4:30 - 6:00 pm - Lap swim (3 Lanes) / Open swim / NO Diving Board
6:00 - 7:00 pm - Aqua Fitness / Shared Open swim / NO Diving Board
7:00 - 7:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board

TUESDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap swimming
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
5:30 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
5:30 - 7:30 pm - Lap swim (3 Lanes)

WEDNESDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 5:15 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
5:15 - 6:00 pm - Water Aerobics / Lap swim (3 Lanes) / Shared Open swim /
NO Diving Board
6:00 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
6:00 - 7:30 pm - Lap swim (3 Lanes)

THURSDAY

6:45 - 7:45 am Masters' Swim Class (6 lanes) / NO Lap swimming
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim NO Diving Board
5:30 - 7:30 pm - Lifeguarding / Shared Open swim / NO Diving Board
5:30 - 7:30 pm - Lap swim (3 Lanes)

FRIDAY

6:45 - 7:00 am - Lap swim (6 Lanes)
7:00 - 7:45 am - Lap swim (3 Lanes) / Water Aerobics (until 7:40 am)
4:30 - 5:30 pm - Lap swim (4 Lanes) / Open swim / NO Diving Board
5:30 - 6:30 pm - Lap swim (3 Lanes) / Open swim / with Diving Board
6:30 - 7:30 pm - Special Olympics / NO Lap Swim / NO Open Swim

SATURDAY & SUNDAY: CLOSED until a weekend custodian is hired

AFC IS CLOSED: Monday June 20 for Juneteenth

AFC WILL BE CLOSED MORNINGS ONLY: Tuesday June 21 – July 1

OPEN SWIM: The diving board, where indicated, and 3 lanes are open for leisure swim.

LAP SWIM: Designated lanes for swimming laps and aquatic fitness use ONLY.

LAP SWIMMING ETIQUETTE; PLEASE READ: Lap lanes are available for adults (16 years or older). When swimming alone, you have the entire lane; 2 people split the lane; 3 or more swim in circles: up one side and down the other. Speed is not important; faster people will pass slower people and everyone works at their own pace. Please inform all other swimmers when you join a lane, to prevent accidents. If a lane is empty, children may swim *LAPS* in that lane until an adult arrives then the child must leave the lane. Lockers are for day use only.

Aquatic & Family Center . 413-587-1046

Parks & Rec Office . 413-587-1040

www.northamptonma.gov/recreation

**FOR MORE INFORMATION
& TO REGISTER**



SCAN ME

**OPEN YOUR CAMERA APP ON YOUR PHONE
& FOLLOW THE PROMPT**

JFK Pool Calendar June 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Daily Pool Lap/Open Swim Fees							
Resident: Adult / Senior / Youth: \$5.00							
Non-Resident: Adult / Senior / Youth: \$8.00							
5	6	7	8	9	10	11	
Lap (6 Lanes) 6:45-7am Lap (3 Lanes) 7-7:45am H2O Aerobics 7-7:40am AFC CLOSED	Masters (6 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:15-7:30pm Shared Open Swim (NO Diving) 6-7:30pm	Masters (5 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (NO Diving) 5:30-7:30pm Lifeguarding 5:30-7:30pm	Masters (5 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (NO Diving) 5:30-7:30pm H2O Aerobics 7-7:40am AFC CLOSED	Masters (5 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (NO Diving) 4:30-5:30pm H2O Aerobics 7-7:40am AFC CLOSED	Masters (5 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (NO Diving) 4:30-5:30pm H2O Aerobics 7-7:40am AFC CLOSED	Masters (5 Lanes) 6:45-7:45am Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Shared Open Swim (NO Diving) 4:30-5:30pm H2O Aerobics 7-7:40am AFC CLOSED	
12	13	14	15	16	17	18	
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19	20	21	22	23	24	25	
AFC CLOSED	(Juneteenth Day)	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:15pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 6-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm
26	27	28	29	30		Revised 6/2/22	
AFC CLOSED	No Moring Swimming Lane Rental (1 Lane) 4:30-6:30 Lap(3 Lanes) 4:30-7:30pm Open Swim (NO Diving) 4:30-6:00pm Open Swim (with Diving) 6:00-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:15pm H2O Aerobics 5:15-6pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 6-7:30pm	No Moring Swimming Lap(4 Lanes) 4:30-5:30pm Open Swim (NO Diving) 4:30-5:30pm Lap(3 Lanes) 5:30-7:30pm Open Swim (with Diving) 5:30-7:30pm				